Herbs that Warm the Interior and Expel Cold

Spleen: nausea/vomiting, diarrhea (thin, watery, no strong smell)
Kidney: frequent, profuse clear urination; urinary retention
Liver: painful menses, hernia, pain and contraction of testicles
Lung: profuse, thin, clear phlegm that is foamy, bubbly, or stringy
Heart: warms the chest, treats yang collapse (Tuo Syndrome)

Slow, tight pulse; pale or blue tongue.

Some herbs in this category also treat Yang Collapse

Caution: Herbs in this category tend to be warm, acrid, and dry, and may cause internal heat accumulation and damage yin and blood.
Herbs that Warm the Interior and Expel Cold

<table>
<thead>
<tr>
<th>Taste:</th>
<th>• acrid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature:</td>
<td>• warm to hot</td>
</tr>
<tr>
<td>Channels:</td>
<td>• depends on what area it’s warming</td>
</tr>
<tr>
<td></td>
<td>• KI, SP/ST, HT, LU, LV</td>
</tr>
<tr>
<td>Cautions &amp; Contraindications:</td>
<td>• These herbs are warm, acrid, and drying.</td>
</tr>
<tr>
<td></td>
<td>• May cause heat signs</td>
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<tr>
<td></td>
<td>• Use caution with yin/blood deficiency</td>
</tr>
<tr>
<td>Main Action:</td>
<td>• Warms the interior, expels cold</td>
</tr>
<tr>
<td></td>
<td>• Used for both excess and deficiency cold</td>
</tr>
<tr>
<td>Other:</td>
<td>• Often combined with Herbs that Tonify Yang</td>
</tr>
</tbody>
</table>

Herbs that Warm the Interior and Expel Cold

- zhì fù zǐ
- gān jiāng
- ròu guì
- wú zhǔ yú
- gāo liáng jiāng
- huā jiāo
- dīng xiāng
- xiǎo huí xiāng
- bì bá
- hú jiāo
zhì fù zǐ
aconiti radix lateralis preparata

Temp: hot
Taste: acrid, toxic
Channels: HT, KI, SP
Dosage: 3-15 grams (boil 30-60 minutes longer)

1. warms the interior
   • warms Kidney yang
   • warms middle-jiao yang
   • warms Original Yang to treat Yang Collapse (Tuo Syndrome)
   • warms the channels; for pain and bi syndrome

Symptoms of Fu Zi poisoning include numbness, abdominal pain, nausea, palpitation.
To treat Fu Zi poisoning, boil 3 parts black bean with one part Gan Cao.

- The aconite plant has two roots - a main root and an accessory root.
- **Fu Zi** is the accessory root or daughter root (*radix lateralis*)
- The main root used to be called **Wu Tou** (“raven’s head”). We now distinguish two varieties:
  - **Chaun Wu** (*aconiti radix*) - Sichuan aconite
  - **Cao Wu** (*aconiti kusnezoffi radix*) - wild aconite
• **Fu Zi, Chuan Wu, and Cao Wu** all belong to the category *Herbs that Warm the* Interior, and they are all extremely toxic. They are never used internally in their raw form.

• **Zhi Fu Zi** is better at warming the interior and treating cold. **Zhi Chuan Wu** and **Zhi Cao Wu** are better at treating wind and bi syndrome.

• **Zhi Cao Wu** is even stronger and more acrid than Zhi Chaun Wu. It “scours out wind” to treat stubborn bi syndrome, and it should not be used lightly. It is used almost exclusively as a topical application.

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**Fu Zi, Wu Tou, Chuan Wu, and Cao Wu are incompatible with:**

Bei Mu, Zhi Ban Xia, Bai Ji, Gua Lou, Bai Lian, and Xi Jiao

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**gān jiāng**

*zingiberis rhizoma*

- **Temp:** hot
- **Taste:** acrid
- **Channels:** HT, LU, SP, ST
- **Dosage:** 3-9 grams

1. warms the interior
   - warms middle-jiao yang
   - warms the Lung
   - warms Original Yang to treat Yang collapse (Tuo Syndrome)

Toasted ginger (Pao Jiang) can be used to stop bleeding due to cold.
**ròu guì**  
*cinnamomi cortex*

*Temp:* hot  
*Taste:* acrid, sweet  
*Channels:* KI, SP, HT, LV  
*Dosage:* 1.5–4.5 grams (add last five minutes; or take 1-2 grams as powder)

1. **warms the interior**  
   - warms Kidney yang  
   - warms middle-jiao yang  
   - warms Heart yang (chest bi)  
   - warms the channels; for pain and bi syndrome

2. **returns floating heat to source**  
   - for Kidney and Heart not communicating (anxiety, restlessness, insomnia)  
   - can be used internally, or externally at KI-1

3. **encourages the generation of qi and blood**  
   - used with qi and blood tonifying herbs

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**wú zhū yú**  
*evodiae fructus*

*Temp:* hot  
*Taste:* acrid, bitter  
*Channels:* LV, SP, ST, KI  
*Dosage:* 1.5–4.5 grams

1. **warms middle-jiao**  
   - for rebellious Stomach qi, such as nausea and vomiting  
   - for cold-pattern diarrhea

2. **warms the Liver channel and stops pain**  
   - for hernia, pain and contraction of testicles, painful menses

3. **returns floating heat to source**  
   - for sores in the mouth and tongue  
   - only used externally at KI-1

*Wu Zhu Yu stop vomiting* sounds like, “Would you stop vomiting?”

It is so good at stopping vomiting it can be used for heat-pattern vomiting by combining it with cold herbs like Huang Lian.
gāo liáng jiāng
*alpiniae officarum rhizoma*

Temp: hot
Taste: acrid
Channels: SP, ST
Dosage: 3-9 grams

1. warms middle-jiao
   - stops pain

huā jiāo
*zanthoxyli pericarpium*

Temp: hot
Taste: acrid
Channels: SP, ST, KI
Dosage: 3-6 grams

1. warms middle-jiao
2. kills parasites
   - for roundworms
   - used internally or externally for fungal infection
     - athlete's foot, yeast infection, etc.
dīng xiāng  
caryophylli flos

Temp: warm  
Taste: acrid  
Channels: SP, ST, KI  
Dosage: 1-3 grams

1. warms middle-jiao  
   - esp. for rebellious Stomach qi, nausea and vomiting
2. warms Kidney yang  
   - esp. for Kidney yang infertility, impotence, and low libido
3. used externally to treat toothache

xiǎo huí xiāng  
foeniculi fructus

Temp: warm  
Taste: acrid  
Channels: LV, KI, SP, ST  
Dosage: 3-9 grams

1. warms the interior and stops pain  
   - warms middle-jiao and moves middle-jiao qi  
     - esp. for middle-jiao pain due to coldness  
   - warms Kidney and Liver  
     - esp. for menstrual pain, testicular pain, hernia pain
bì bá

*piperis longus fructus*

- **Temp:** warm
- **Taste:** acrid
- **Channels:** ST, LI
- **Dosage:** 1.5-4.5 grams

1. warms middle-jiao
   - esp. for cold-pattern diarrhea
2. used externally to open nasal orifices
   - wrap in gauze and apply to Yin Tang

hú jiāo

*piperis fructus*

- **Temp:** warm
- **Taste:** acrid
- **Channels:** LI, ST
- **Dosage:** 1.5-3 grams (used as food therapy; or swallow 0.5-1g as single herb)

1. warms middle-jiao
## Summary

<table>
<thead>
<tr>
<th>Herb</th>
<th>Action(s)</th>
<th>Indications</th>
</tr>
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<tbody>
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<td><strong>Gan Jiang</strong></td>
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<td>Middle-jiao: n/v, Liver channel: shan disorder</td>
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<td><strong>Gao Liang Jiang</strong></td>
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<td>Middle-jiao: stops pain</td>
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<td><strong>Hua Jiao</strong></td>
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